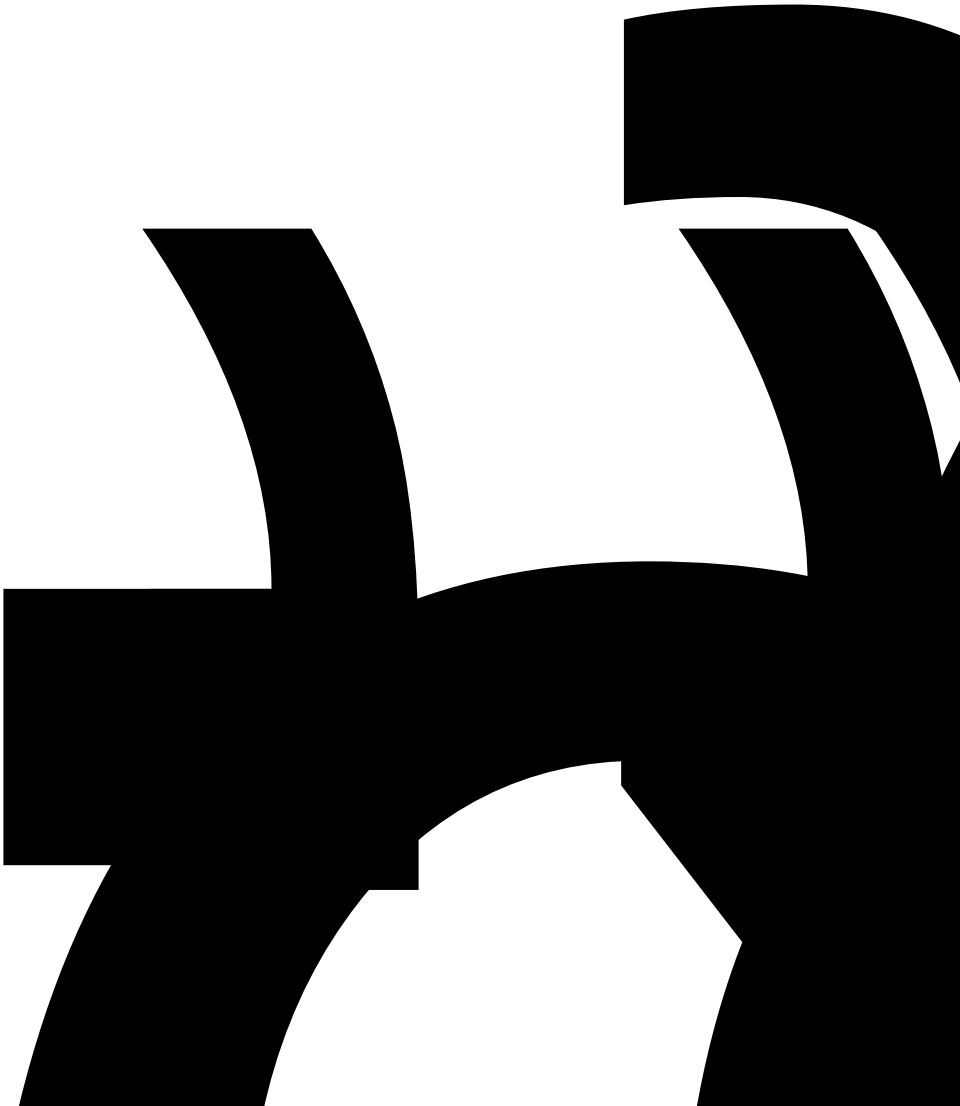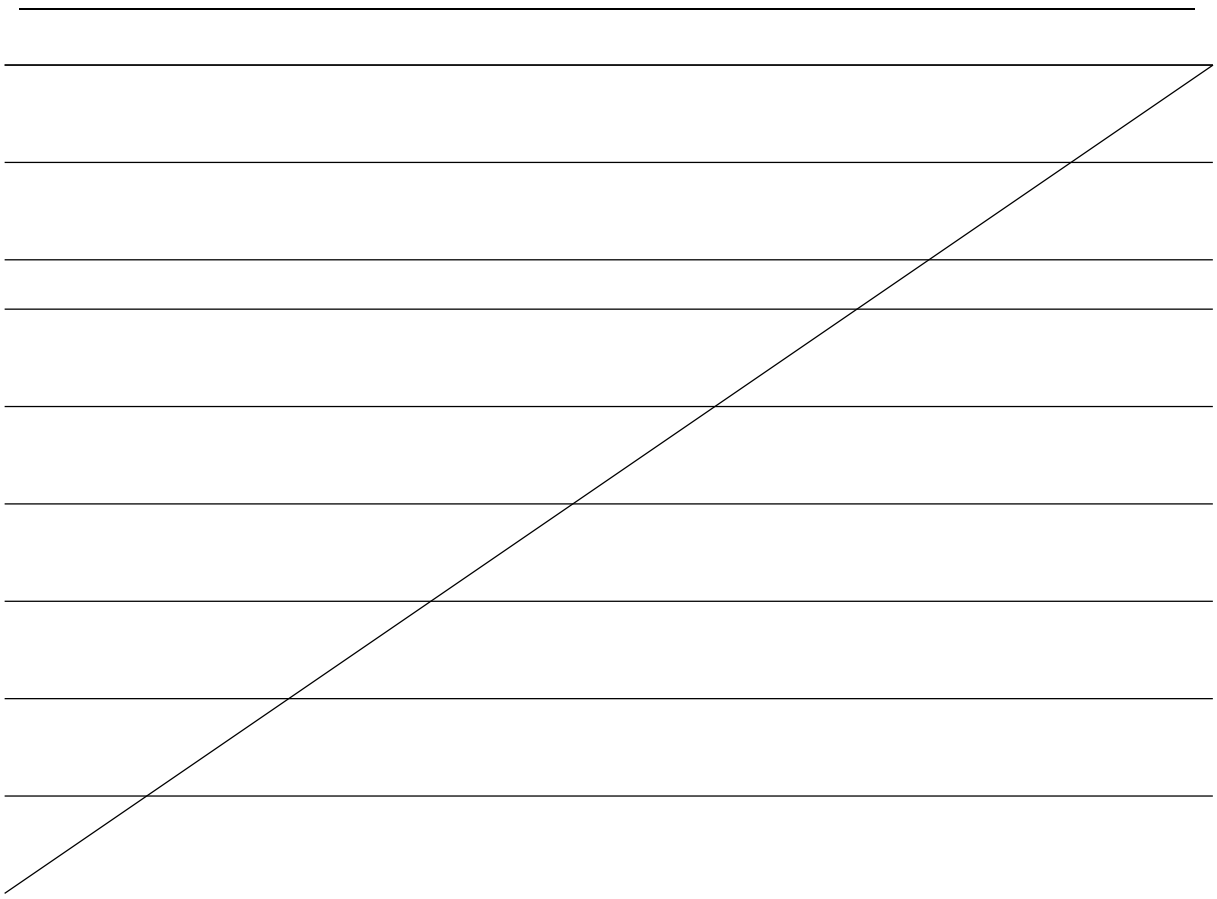Ис